



REGENT SEVEN SEAS CRUISES — SEVEN SEAS MARINER

Into The Nordic Wilds

DEPARTS 17/07/2028

21 NIGHTS

FROM SOUTHAMPTON

TO STOCKHOLM

Day by Day Itinerary

DAY 1	Southampton, England Monday, 17/07/2028 Arrives 07:00 · Departs 17:00 Lying near the head of Southampton Water, a peninsula between the estuaries of the Rivers Test and Itchen, Southampton is Britain’s largest cruise port. It has been one of England’s major ports since the Middle Ages, when it exported wool and hides from the hi...
DAY 2	Cruising the North Sea Tuesday, 18/07/2028
DAY 3	Stavanger, Norway Wednesday, 19/07/2028 Arrives 13:30 · Departs 21:00 Overlooking the Atlantic Ocean, Stavanger flourished in the 19th century as a fishing port. While other towns in Norway have suffered with the decline of this industry, Stavanger has kept its economy booming by diversifying, first into shipbuilding and now int...
DAY 4	Bergen, Norway Thursday, 20/07/2028 Arrives 10:30 · Departs 19:30 Surrounded by mountains and sparkling fjords, the waterside city of Bergen has a spectacular setting. There has been a settlement here since medieval times and the colourful waterfront buildings of the Hanseatic wharf, known as Bryggen, are testament to its fa...
DAY 5	Ålesund, Norway Friday, 21/07/2028 Arrives 09:00 · Departs 18:00 The coastal town of Ålesund is the commercial capital of the Møre og Romsdal district. But more important, it is noted for its characteristic Jugendstil (Art Nouveau) buildings, which some claim make Ålesund one of the most beautiful towns in Norway. This Art...

DAY 6	Trondheim, Norway Saturday, 22/07/2028 Arrives 09:00 · Departs 19:00 One of Scandinavia's oldest cities, Trondheim was the first capital of Norway, from AD 997 to 1380. Founded in 997 by Viking king Olav Tryggvason, it was first named Nidaros (still the name of the cathedral), a composite word referring to the city's location a...
DAY 7	Måløy, Norway Sunday, 23/07/2028 Arrives 10:00 · Departs 19:00
DAY 8	Cruising the Norwegian Sea Monday, 24/07/2028
DAY 9	Ulvik, Norway Tuesday, 25/07/2028 Arrives 07:00 · Departs 16:00
DAY 10	Kristiansand, Norway Wednesday, 26/07/2028 Arrives 10:30 · Departs 18:30 Nicknamed "Sommerbyen" ("Summer City"), Norway's fifth-largest city has 78,000 inhabitants. Norwegians come here for its sun-soaked beaches and beautiful harbor. Kristiansand has also become known internationally for the outdoor Quart Festival, which hosts loc...
DAY 11	Oslo, Norway Thursday, 27/07/2028 Arrives 07:00 · Departs 17:00 Oslo is the capital of Norway and is also its largest city, situated at the head of Oslo Fjord and surrounded by hills and forests. Home to some 50 museums and full of galleries, cafés, a sculpture park and the Royal Palace, this vibrant city with its handsome...
DAY 12	Skagen, Denmark Friday, 28/07/2028 Arrives 07:00 · Departs 17:00
DAY 13	Lysekil, Sweden Saturday, 29/07/2028 Arrives 07:00 · Departs 17:00
DAY 14	Copenhagen, Denmark Sunday, 30/07/2028 Arrives 08:00 By the 11th century, Copenhagen was already an important trading and fishing centre and today you will find an attractive city which, although the largest in Scandinavia, has managed to retain its low-level skyline. Discover some of the famous attractions incl...
DAY 15	Copenhagen, Denmark Monday, 31/07/2028 Departs 16:00 By the 11th century, Copenhagen was already an important trading and fishing centre and today you will find an attractive city which, although the largest in Scandinavia, has managed to retain its low-level skyline. Discover some of the famous attractions incl...

DAY 16	Warnemünde, Germany Tuesday, 01/08/2028 Arrives 07:00 · Departs 22:00 Warnemünde, officially a suburb of Rostock, is a quaint seaside resort town with the best hotels and restaurants in the area, as well as 20 km (12 miles) of beautiful white-sand beach. It's been a popular summer getaway for families in eastern Germany for year...
DAY 17	Cruising the Baltic Sea Wednesday, 02/08/2028
DAY 18	Gdansk, Poland Thursday, 03/08/2028 Arrives 07:00 · Departs 17:00
DAY 19	Klaipeda, Lithuania Friday, 04/08/2028 Arrives 07:00 · Departs 17:00
DAY 20	Liepaja, Latvia Saturday, 05/08/2028 Arrives 07:00 · Departs 16:00
DAY 21	Cruising the Baltic Sea Sunday, 06/08/2028
DAY 22	Stockholm, Sweden Monday, 07/08/2028 Arrives 08:00 Stockholm is a city in the flush of its second youth. Since the mid-1990s, Sweden's capital has emerged from its cold, Nordic shadow to take the stage as a truly international city. What started with entry into the European Union in 1995 gained pace with the e...

Cruise only — Prices From (per person)

INSIDE POA	OUTSIDE / OCEANVIEW POA	BALCONY POA	SUITE £13,293
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Cabin Grades & Prices

Suite

GRADE	PER PERSON
Deluxe Veranda Suite	
H Deluxe Veranda Suite (H)	£13,293
G Deluxe Veranda Suite (G)	£13,761
F Deluxe Veranda Suite (F)	£14,229
Concierge Suite	
E Concierge Suite (E)	£14,868

GRADE	PER PERSON
D Concierge Suite (D)	£15,336
Penthouse Suite	
C Penthouse Suite (C)	£19,319
B Penthouse Suite (B)	£19,839
A Penthouse Suite (A)	£20,439
Horizon View Suite	
HS Horizon View Suite	£21,259
Seven Seas Suite	
SS Seven Seas Suite	£25,959
Grand Suite	
GS Grand Suite	£32,139